



COVID-19 Prevention: Information for the Public Recreation, Fitness and Sports

With the reduction in COVID-19 infections in Los Angeles County, gyms and fitness centers, public and private parks and pools, trails, campgrounds, beaches, adult sports leagues and recreational activities can operate with no social distancing or capacity restrictions. Please note, youth recreational sports are subject to the Los Angeles County [Health Officer Order: Youth Recreational Sports Programs](#).

For all visitors

Gyms and fitness centers and recreational facilities may have their own rules in place for the safety of staff, visitors, and the community. For example, some fitness centers may ask you to confirm your vaccination status or require that all visitors, regardless of vaccination status, wear a mask. Facilities may choose to operate at reduced capacity or cap fitness class sizes. Pools or courts may require reservations. All visitors must follow the rules set by the venue.

If you are fully vaccinated¹ and want added protection from COVID-19, follow any of the best practices below. It is strongly recommended that you wear a mask at indoor public spaces.

If you are NOT fully vaccinated: requirements and recommendations

Note that adults and children who are not vaccinated must follow the requirements:

- **You are required to wear a mask indoors. In addition, you are required to wear a mask outdoors if that is the policy of the venue.**
 - This does not apply to children under 2 or anyone who has been told by a doctor that they cannot wear a mask safely. Most people with underlying conditions, including those with asthma can and should wear a mask. To learn more about mask wearing visit ph.lacounty.gov/masks.
 - You are allowed to take off your mask while doing certain activities such as when you are actively eating, drinking, or swimming.
 - Bring multiple masks and change if it becomes wet or sticks to your face while exercising.
- **It is recommended that you exercise outdoors if possible.**
 - If outdoors is not possible, choose indoor spaces with good air flow. Try to go during non-peak hours to avoid crowds. Limit how long you are there. Wear a more protective mask.
- **It is recommended that you wear a mask in very crowded outdoor venues.**
 - This is especially important while waiting in line, for example, to enter, use the bathroom, or purchase food.
- **It is recommended that you maintain social distancing.**
 - Avoid crowding and stay at least 2 arms lengths away from others (about 6 feet) if possible.
 - If you have small children with you, keep them close by so that they are away from others.
- **It is recommended that you practice good hand hygiene.**
 - Wash your hands frequently with soap and water or use hand sanitizer with at least 60% alcohol.
 - Avoid eating and touching your face with unclean hands.

¹ You are considered fully vaccinated against COVID-19 two (2) weeks after: the second dose of a Pfizer or Moderna COVID-19 vaccine series, a single dose of Johnson & Johnson COVID-19 vaccine or you finished the series of a COVID-19 vaccine that has been listed for emergency use by the World Health Organization. See ph.lacounty.gov/fullvax web page for more information.





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Everyone can benefit from fitness and sports. Learn more about keeping safe and preventing spread of COVID-19 at ph.lacounty.gov/reducerisk.

